



Beet Salad with Miso and Black Sesame



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



181 kcal

SIDE DISH

Ingredients

- ☐ 1 pound beets divided scrubbed
- ☐ 1 teaspoon sesame seed white black toasted
- ☐ 4 servings pepper freshly ground
- ☐ 3 tablespoons olive oil divided
- ☐ 2 tablespoons rice vinegar
- ☐ 1 bunch watercress trimmed
- ☐ 0.3 cup miso white

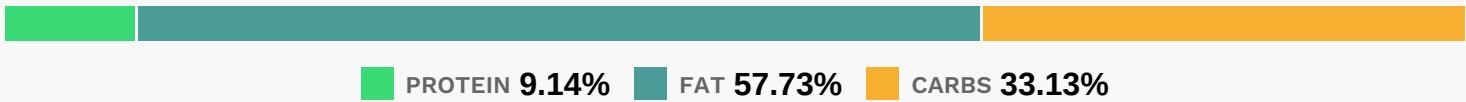
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400°F.
- ☐ Place 4 beetson a large piece of foil and rub with 1 tablespoonoil; season with salt and pepper and closeup foil around beets.
- ☐ Place on a rimmedbaking sheet and roast until tender, 30–40minutes. Unwrap beets and let cool slightly.Peel and cut into 1/2" wedges.
- ☐ Meanwhile, whisk miso, vinegar,remaining 2 tablespoons oil, and 3 tablespoons water ina small bowl. Set dressing aside.
- ☐ Thinly slice remaining 2 raw beets on amandoline. Arrange watercress and roastedand raw beets on a platter and drizzle withreserved dressing; top with sesame seeds.
- ☐ DO AHEAD: Beets can be roasted2 days ahead. Cover separately and chill.
- ☐ Per serving: 190 calories, 12 g fat, 4 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:68.5, Glycemic Load:7.05, Inflammation Score:-5, Nutrition Score:9.1708695363739%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

Nutrients (% of daily need)

Calories: 180.86kcal (9.04%), Fat: 11.98g (18.44%), Saturated Fat: 1.69g (10.58%), Carbohydrates: 15.47g (5.16%), Net Carbohydrates: 11.25g (4.09%), Sugar: 8.75g (9.72%), Cholesterol: 0mg (0%), Sodium: 732.55mg (31.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.27g (8.54%), Folate: 127.93µg (31.98%), Manganese: 0.57mg (28.27%), Vitamin K: 27.37µg (26.07%), Fiber: 4.22g (16.88%), Potassium: 429.2mg (12.26%), Vitamin E: 1.62mg (10.83%), Vitamin C: 8.24mg (9.99%), Magnesium: 37.65mg (9.41%), Copper: 0.18mg (9.21%), Iron: 1.49mg (8.29%), Phosphorus: 80.06mg (8.01%), Vitamin B6: 0.12mg (6.12%), Zinc: 0.88mg (5.9%), Vitamin B2: 0.09mg (5.55%), Vitamin A: 252.4IU (5.05%), Calcium: 41.34mg (4.13%), Vitamin B1: 0.06mg (4.11%), Selenium: 2.27µg (3.24%), Vitamin B3: 0.57mg (2.85%), Vitamin B5: 0.25mg (2.55%)